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GASTROENTEROLOGY AND HEPATOLOGY

CLEAR LIQUID DIET

Follow this diet the day BEFORE your procedure

Breakfast

Apple juice
Clear broth (bullion)
*Jello (**no red**)
Gingerale, 7-up
Coffee, sugar

LUNCH

Clear broth (bullion)
Fruit ice (**no red**)
Tea, sugar
Coffee, sugar

DINNER

Apple juice
Clear broth
*Jello (**no red**)
Tea, sugar
Coffee, sugar

SNACKS

7-UP, Gingerale, Pop
White grape juice
*Jello (**no red**)
Hard candies (**no red**)
popsicles (**no red**)

NOT ALLOWED

Coffeemate
Cremora
Mocha mix

**NO MILK PRODUCTS ARE TO BE
TAKEN WITH THIS DIET**

**** DO NOT EAT/DRINK ANYTHING RED**